

Full Report (All Nutrients) 01156, Cheese, goat, hard type

Report Date: December 09, 2015 16:36 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	29.01	7	1.211	8.22
Energy	kcal	452	--	--	128
Energy	kJ	1891	--	--	536
Protein	g	30.52	7	0.771	8.65
Total lipid (fat)	g	35.59	7	1.008	10.09
Ash	g	3.72	6	0.099	1.05
Carbohydrate, by difference	g	2.17	--	--	0.62
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	2.17	--	--	0.62

Minerals

Calcium, Ca	mg	895	7	117.856	254
Iron, Fe	mg	1.88	6	0.709	0.53
Magnesium, Mg	mg	54	7	4.849	15
Phosphorus, P	mg	729	6	5.713	207
Potassium, K	mg	48	6	15.479	14
Sodium, Na	mg	423	--	--	120
Zinc, Zn	mg	1.59	4	0.562	0.45
Copper, Cu	mg	0.627	6	0.035	0.178
Manganese, Mn	mg	0.252	6	0.148	0.071
Selenium, Se	µg	5.5	--	--	1.6

Vitamins

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.140	1	--	0.040

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Riboflavin	mg	1.190	1	--	0.337
Niacin	mg	2.400	1	--	0.680
Pantothenic acid	mg	0.410	--	--	0.116
Vitamin B-6	mg	0.080	--	--	0.023
Folate, total	µg	4	--	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	4	--	--	1
Folate, DFE	µg	4	--	--	1
Choline, total	mg	15.4	--	--	4.4
Vitamin B-12	µg	0.12	--	--	0.03
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	486	--	--	138
Retinol	µg	478	--	--	136
Carotene, beta	µg	91	--	--	26
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	1745	--	--	495
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.31	--	--	0.09
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.7	--	--	0.2
Vitamin D3 (cholecalciferol)	µg	0.7	--	--	0.2
Vitamin D	IU	26	--	--	7
Vitamin K (phylloquinone)	µg	3.0	--	--	0.9
Lipids					
Fatty acids, total saturated	g	24.609	--	--	6.977
4:0	g	1.784	20	--	0.506
6:0	g	0.782	20	--	0.222
8:0	g	0.961	20	--	0.272
10:0	g	3.432	20	--	0.973
12:0	g	1.572	20	--	0.446
14:0	g	3.609	20	--	1.023

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16:0	g	9.312	20	--	2.640
18:0	g	3.158	20	--	0.895
Fatty acids, total monounsaturated	g	8.117	--	--	2.301
16:1 undifferentiated	g	0.846	20	--	0.240
18:1 undifferentiated	g	7.272	20	--	2.062
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.845	--	--	0.240
18:2 undifferentiated	g	0.845	20	--	0.240
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	105	1	--	30
Amino Acids					
Tryptophan	g	0.321	--	--	0.091
Threonine	g	1.139	--	--	0.323
Isoleucine	g	1.263	--	--	0.358
Leucine	g	2.631	--	--	0.746
Lysine	g	2.191	--	--	0.621
Methionine	g	0.813	--	--	0.230
Cystine	g	0.139	--	--	0.039
Phenylalanine	g	1.215	--	--	0.344
Tyrosine	g	1.191	--	--	0.338
Valine	g	2.100	--	--	0.595
Arginine	g	0.904	--	--	0.256
Histidine	g	0.832	--	--	0.236
Alanine	g	0.526	--	--	0.149
Aspartic acid	g	1.517	--	--	0.430
Glutamic acid	g	5.688	--	--	1.613
Glycine	g	0.344	--	--	0.098

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Proline	g	3.693	--	--	1.047
Serine	g	1.172	--	--	0.332
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0